

PK KB LIM 26: Session: 1: COACH evaluation sheet for TEAM: ZCM

Coachinfo: Warming up from: 08:30 untill 09:25. Teamleadmeeting @ The listed starttimes are indicative!

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 2: 100M FREESTYLE MEN 11+

Heat:2, starttime: 09:36

Heat: 2/9 Lane : 4 Athlete: ZEEUW MAX

Q-time: 01:17:48

PB (25m pool): 01:17.48 Bree 31/05/2026

PB (50m pool): 01:23.28 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.85		01:17.48	
		00:36.85		00:40.63	
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+

Heat:3, starttime: 09:38

Heat: 3/9 Lane : 8 Athlete: JANSSEN DRIES

Q-time: 01:17:16

PB (25m pool): 01:17.16 Mol 28/12/2025

PB (50m pool): 01:18.79 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.41		01:17.16	
		00:37.41		00:39.75	
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+

Heat:6, starttime: 09:43

Heat: 6/9 Lane : 1 Athlete: SCHOOF S TUUR

Q-time: 01:03:24

PB (25m pool): 01:03.24 Bree 31/05/2026

PB (50m pool): 01:07.12 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.60		01:03.24	
		00:30.60		00:32.64	
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:43
Heat: 6/9 Lane : 6 Athlete: DRIJKONINGEN RUBE					Q-time: 01:02:73
PB (25m pool): 01:02.73 Bree 21/12/2025					PB (50m pool): 01:05.69 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.90		01:02.73	
	00:29.90		00:32.83		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:8, starttime: 09:47
Heat: 8/9 Lane : 4 Athlete: PEETERS YENTL					Q-time: 00:55:65
PB (25m pool): 00:53.60 Beringen 17/02/2019					PB (50m pool): 00:55.10 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:53.60	
	no time				
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 09:54
Heat: 2/11 Lane : 8 Athlete: CLAES AMBER							Q-time: 03:36:03
PB (25m pool): 03:36.03 Bree 16/02/2025							PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5 2 0 0 M
PB		00:48.92		no time		no time	03:36.03
	00:48.92						
							

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 10:16
Heat: 8/11 Lane : 7 Athlete: JANSSENS MARTHE							Q-time: 02:46:17
PB (25m pool): 02:44.77 Bree 18/02/2024							PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5 2 0 0 M
PB		no time		no time		no time	02:44.77
	no time						
							

Coach feedback:

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Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:1, starttime: 10:30
Heat: 1/4 Lane : 4 Athlete: PEETERS JOCHEN					Q-time: 01:34:10
PB (25m pool): 01:34.10 Bilzen 25/01/2026					PB (50m pool): 01:36.55 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.54		01:34.10	
	00:44.54		00:49.56		
					

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:1, starttime: 11:05	
Heat: 1/3 Lane : 3 Athlete: PEETERS JOCHEN							Q-time: 06:09:67	
PB (25m pool): 06:09.67 Hasselt 12/10/2025				PB (50m pool): 06:09.16SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:39.82		01:25.24		02:12.33		03:00.02
	00:39.82		00:45.42		00:47.09		00:47.69	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:48.71		04:37.37		05:25.53		06:09.67
	00:48.69		00:48.66		00:48.16		00:44.14	
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+					Heat:1, starttime: 11:22
Heat: 1/11 Lane : 7 Athlete: DRIJKONINGEN LIEN					Q-time: 00:51:33
PB (25m pool): 00:51.33 Bree 01/06/2025					PB (50m pool): 00:51.18 SB: no time
	2 5 M	5 0 M			
PB		00:51.33			
	00:51.33				
					

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:3, starttime: 11:25
Heat: 3/11 Lane : 3 Athlete: CLAES AMBER			Q-time: 00:40:40
PB (25m pool): 00:40.40 Bree 31/05/2026			PB (50m pool): 00:41.22 SB: no time
	2 5 M	5 0 M	
PB		00:40.40	
		00:40.40	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:9, starttime: 11:32
Heat: 9/11 Lane : 7 Athlete: JANSSENS MARTHE			Q-time: 00:32:57
PB (25m pool): 00:32.57 Hasselt 12/10/2025			PB (50m pool): 00:33.23 SB: no time
	2 5 M	5 0 M	
PB		00:32.57	
		00:32.57	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:1, starttime: 11:36
Heat: 1/4 Lane : 6 Athlete: JANSSEN DRIES			Q-time: 00:38:62
PB (25m pool): 00:38.62 Hasselt 12/10/2025			PB (50m pool): 00:40.07 SB: no time
	2 5 M	5 0 M	
PB		00:38.62	
		00:38.62	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:2, starttime: 11:37
Heat: 2/4 Lane : 3 Athlete: SCHOofs TUUR			Q-time: 00:32:84
PB (25m pool): 00:32.84 Bilzen 25/01/2026			PB (50m pool): 00:35.23 SB: no time
	2 5 M	5 0 M	
PB		00:32.84	
		00:32.84	
			

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Event number: 8: 50M BACKSTROKE MEN 13+			Heat:3, starttime: 11:39
Heat: 3/4 Lane : 6 Athlete: DRIJKONINGEN RUBE			Q-time: 00:31:68
PB (25m pool): 00:31.68 Hasselt 12/10/2025			PB (50m pool): 00:32.90 SB: no time
	2 5 M	5 0 M	
PB		00:31.68	
		00:31.68	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:4, starttime: 11:40
Heat: 4/4 Lane : 3 Athlete: PEETERS YENTL			Q-time: 00:29:13
PB (25m pool): 00:29.13 Bree 01/06/2025			PB (50m pool): 00:29.86 SB: no time
	2 5 M	5 0 M	
PB		00:29.13	
		00:29.13	
			

Coach feedback: